
BBC LEARNING ENGLISH

News Review

Can you sleep during lockdown?

The story

It seems people – in the UK at least – are finding it hard to sleep during lockdown. Researchers at Kings College London spoke to 2,000 people and found out that more than half the people they spoke to weren't sleeping properly. 2 in 5 were having strange dreams.

Vocabulary

disrupted

prevented from continuing

- School closures have disrupted children's lives.
- Train strikes disrupted our journey home.

uneasy

worrying; anxious

- Using public transport during the pandemic makes me feel uneasy.
- It's an uneasy experience watching a child learn to ride a bike.

insomnia

medical condition in which sleeping is difficult

- Too much screen time can cause insomnia.
- Long-term insomnia can lead to serious illness.